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ine Skipping Rope Dance,

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ORIGINATED AND DESCRIBED BY

PROF. H. N. GRANT,

Copyrighted, Nov. 1895.

BUFFALO, N. Y.

IRINE

Skipping Rope Dance

IRINE PIRSON.

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BARS.

Repeat for seven more measures, ... 7

The step may be executed in a stationary position, or moving in a circle or forward four bars, and backward four bars.

ABBREVIATED DESCRIPTION.

Pa de basque right, c 1 & 2.
Pa de basque left, c 3 & 4, ... 1

Repeat, ... 7

STEP TWO.

HEEL TWIST, MOVING TOWARD THE RIGHT AND LEFT.

Hop from L., letting the rope pass under the foot, c 1.

As the rope is passing around, step lightly on R. heel to 4th Po. front, and weight quickly back onto L. c & 2.

Spring from L. to R. letting the rope pass under, c 3.

As the rope is passing around, step lightly on L. heel, and weight back quickly onto R. c & 4, .. 1

Repeat, moving sideways toward the left, .. 3

BARS.

Repeat, moving toward the left, ... 4

As either heel is placed out, turn the toe in and as the quick step is made, let the toe turn out, which is done while resting on the heel.

STEP THREE.

Hop from L., letting the rope pass under the foot, c 1.

Step down on R. in 1st Po., and back quickly onto L. as the rope is revolving, c & 2.

Hop from L., letting the rope pass under, and come down on L., and on the same count, touch the end of R. toe to 5th Po. front, c 3.

Hop on L. and as the rope is revolving, kick with R., c 4, ... 1

Spring onto R., letting the rope pass under, c 1.

Step down on L. in 1st Po., and back quickly onto R. as the rope is revolving, c & 2.

Hop from R., letting the rope pass under, and come down on R., and on the same count, touch the end of L. toe in 5th Po. front, c 3.

Hop on R. and as the rope is passing around kick with L., c 4, ... 1

Repeat three times more with each foot, .. 6

ABBREVIATED DESCRIPTION.

BARS.

Hop on L., and down on R. and back quickly on L., letting the rope pass under, c 1 & 2.
Hop on L. touching R. toe in front, and kick with R., c 3 4, ... 1

Spring onto R., and step down on L., and back onto R., letting the rope pass under, c 1 & 2.
Hop on R., touching L. in front, and kick, c 3-4, 1

Repeat three times with each foot, .. 6

STEP FOUR.

MOVING FORWARD AND BACKWARD.

Spring forward from R. onto L. letting the rope pass under, c 1.
Step down on R. in 5th Po. front, and back quickly onto L. as the rope is passing around, c & 2.
Spring forward from L. onto R. letting the rope pass under, c 3.
Step down on L. in 5th Po. front, and back quickly onto R. as the rope is passing around, c & 4, 1

Repeat the movements forward three times, 3

MOVING BACKWARD.

BARS.

Spring onto L. letting the rope pass under, and on the same count, touch pointed R. toe to 5th Po. front, c 1.

Hop on L. and kick the R. out as the rope is passing under, c 2.

Spring onto R. letting the rope pass under, and on the same count, touch L. to 5th Po. front, c 3.

Hop on R. and kick the L. out as the rope is passing around, c 4. 1

Repeat the movements backward three times, 3

STEP FIVE.

STATIONARY POSITION.

Spring from R. onto L. letting the rope pass under, c 1.

Step on R. and back quickly onto L. as the rope is passing around, c & 2.

Spring from L. onto R. letting the rope pass under, c 3.

Step onto L. and back quickly onto R. as the rope is passing around, c & 4, ... 1

BARS.

Hop, letting the rope pass under, and come down on both toes about six inches apart, c 1.

Spring from both toes and come down with the feet crossed, R. in front, as the rope is passing around, c 2.

Spring up, letting the rope pass under, and come down with the feet apart again, c 3.

Spring from both toes and come down with the feet crossed, L. in front, c 4, ... 1

Repeat the movements of the last two bars, 2

Repeat the movements entire, from the beginning of the step, ... 4

STEP SIX.

MOVING TOWARD THE RIGHT AND LEFT.

Hop on L. letting the rope pass under, c 1.

Step on R. heel a little forward of 2nd Po. and back quickly onto the ball of L. as the rope is passing around, c & 2.

Spring onto R. a little toward the right, letting the rope pass under, c 3.

Step on the ball of L. in 5th Po. back, and weight quickly back onto R. as the rope is passing around c & 4, ... 1

BARS.

Step onto L. and repeat three times, moving sideways toward the right, ... 3

Hop on R. letting the rope pass under, c 1.
Step on L. beel toward the left, and back quickly onto R. as the rope is passing around, c & 2.
Spring onto L. toward the left, letting the rope pass under, c 3.
Step on the ball of R. in 5th Po. back and weight quickly back onto L., c & 4, ... 1

Spring onto R. and repeat three times, moving sideways toward the left, ... 3

STEP SEVEN.

Hop on L. touching R. toe lightly to 2nd Po. letting the rope pass under, c 1.
Hop on L. and raise the R. to the calf of L. as the rope is revolving, c 2.
Spring onto R. touching L. lightly to 2nd Po. letting the rope pass under, c 3.
Hop on R. and raise the L. to the calf of R. as the rope is revolving, c 4, ... 1

Spring onto L. touching R. lightly to 2nd Po., letting the rope pass under, c 1.
Hop on L. and raise the R. to the calf of L. as the rope is revolving, c 2.
Hop again on L. touching R. to 2nd Po., letting the rope pass under, c 3.
Hop on L. and raise R. up in front of L. as the rope is revolving, c 4, ... 1

BARS.

Spring onto R. touching L. to 2nd Po., letting the rope pass under, c 1.

Hop on R. and raise L. to the calf of R. as the rope is revolving, c 2.

Spring onto L. touching R. to 2nd Po., letting the rope pass under, c 3.

Hop on L. and raise R. to the calf of L. as the rope is revolving, c 4, ... 1

Spring onto R. touching L. to 2nd Po., letting the rope pass under, c 1.

Hop on R. and raise L. to the calf of R. as the rope is revolving, c 2.

Hop on R. and touch L. to 2nd Po., letting the rope pass under, c 3.

Hop again on R. and raise L. up in front as the rope is revolving, c 4, ... 1

Repeat the movements entire by springing onto L., etc., ... 4

STEP EIGHT.

MOVING TOWARD THE LEFT AND RIGHT.

Spring onto L. letting the rope pass under, c 1.

Step on R. and back quickly onto L. as the rope is revolving, c & 2.

Spring onto R. well over in front of L. toward the left, letting the rope pass under, c 3.

Hop from R. striking the R. heel against L. heel which is retained up, as the rope is revolving, c 4, 1

BARS.

Spring onto L. toward the left, repeating the movements three times, moving toward the left, 3

At the finish of the fourth bar you are on the right foot.

Hop on R. letting the rope pass under, c 1.
Step lightly on L. in 5th Po. back, and back quickly onto R. as tke rope is revolving, c & 2.
Spring onto L. well over in front of R. toward the right, letting the rope pass under, c 3.
Hop from L. striking the L. heel against R. heel which is retained up as the rope is revolving, c 4, 1

Spring onto R. toward the right, repeating three times, ... 3

STEP NINE.

MOVING FORWARD.

Hop on L. letting the rope pass under the foot, c 1.
Strike the end of R. toe in 5th Po. back, taking it up quickly and hop on L. as the rope is revolving, c & 2.
Spring onto R. letting the rope pass under, c 3.
Strike the end of L. toe in 5th Po. back, taking it up quickly and hop on R. as the rope is revolving, c 4, ... 1

BARS.

Spring forward onto L. letting the rope pass under, c 1.

Spring forward onto R. as the rope is passing around, c 2.

Spring forward onto L. letting the rope pass under, c 3.

Spring forward onto R. as the rope is revolving, c 4, ... 1

The last bar described is in the form of a running step. It will add to the effect by crossing the foot over as the spring onto either one is made.

Repeat the movements from the first, ... 2

MOVING BACKWARD.

Spring onto L. over in front of R., letting the rope pass under. c 1.

Step on R. diagonally back and slide L. into its place as the rope is revolving, c & 2.

Spring onto R. over in front of L.. letting the rope pass under, c 3.

Step on L. diagonally back, and slide R. into its place, c & 4, ... 1

Repeat three times, moving backward. 3

STEP TEN.

BARS.

Spring onto L. raising R. up back, letting the rope pass under, c 1.

As the rope is revolving, spring onto R. raising L. up back, c 2.

Lean forward on the two counts.

Spring onto L. raising R. out in front, letting the rope pass under, c 3.

Spring onto R. and kick L. out in front, c 4, .. 1

These movements are a continuous springing from one foot to the other, and leaning forward on the first two counts and backward on the second two, and continue the swaying movements, making the exit on them, having the music continued until the dancer is off.